

# Iowa Department of Human Services

## Offer #401-HHS-014: CCUSO

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| This offer is for: |                              | This offer includes the following appropriations:                     |
|--------------------|------------------------------|---|
| X                  | Status quo existing activity | Civil Commitment Unit for Sexual Offenders,<br>General Administration |

### **Result(s) Addressed:**

- Provide treatment services to civilly committed individuals in a secure residential setting with a quality treatment environment
- Implement the pre-release transition phase of the program

### **Program Description:**

#### **Who:**

The Civil Commitment Unit for Sexual Offenders (CCUSO) provides a secure, long term, and highly structured environment for the treatment of sexually violent predators. Patients have served their prison terms but in a separate civil trial have been found likely to commit further violent sexual offenses. Established in 1999, CCUSO is located on the campus of the Cherokee Mental Health Institute.

The program has grown steadily, and at the beginning of SFY 2010 there were 79 patients in the program. DHS projects that there will be 86 patients by the end of SFY 2010 and 93 patients by the end of SFY 2011. 25.3% of the CCUSO population is 56 years of age or older. 83.8% of the population is currently receiving prescriptions to address medical or psychiatric conditions and 58% of the population suffers from heart disease. In addition to heart disease, many CCUSO patients receive treatments for arthritis, diabetes, obesity, liver failure, hypertension, hyperlipidemia (high cholesterol), etc.

There are currently four patients in the discharge or fifth phase of the treatment program. No patient has completed all five phases of the treatment program; however twelve patients have been dismissed from the program on judicial orders or trials. DHS projects there will be seven new court-ordered patients in SFY 2010.

#### **What:**

The five-phase treatment program includes:

- Group and individual therapy, including victim empathy and strategies to prevent relapse
- Educational programming for patients who do not have the basic skills needed to fully participate in therapy

- Physiological assessments to measure and verify results of treatment strategies
- Transition and discharge planning, and supervision for patients who have completed all five treatment phases, if so ordered by a court.

CCUSO focuses on ten treatment areas used to assess progress:

| Treatment Areas           |                            |
|---------------------------|----------------------------|
| 1. Disclosure             | 6. Cognitive Coping Skills |
| 2. Insight                | 7. Sexual Behavior         |
| 3. Personal Victimization | 8. Relapse Prevention      |
| 4. Victim Empathy         | 9. Intimacy Skills         |
| 5. Leisure Skills/Hygiene | 10. Problem Solving        |

**PHASE I:** Orientation and Assessment – patients develop a clear understanding about program expectations and rules and undergo complete psychological testing. In order to progress to the next phase, patients must admit to some sexual offense or have a “clean polygraph”, complete relaxation and basic cognitive skills training, and demonstrate good behavior for 30 days.

**PHASE II:** Core Phase – the goal of this phase is education. Patients complete four quarters of classes that teach concepts and skills to help patients control sexual impulses and be able to meet needs in pro-social ways. In order to progress to the next phase, patients must pass polygraph exams relating to sexual disorders, demonstrate good behavior for 90 days, and have no ratings (in each of the ten treatment areas) lower than 3 out of a possible 8 on their last review.

**PHASE III:** Advanced Phase – the goal of this phase is successful application of basic principles and insights. Patients work on applying the principles and concepts learned in Phase II and on achieving the goals established in their individual treatment plan. In order to progress to the next phase, patients must pass “specific offense polygraphs” if requested, complete “Victim Sheets” and “Victim Letters,” demonstrate good behavior for four months, and have no ratings (in each of the ten treatment areas) lower than 5 out of a possible 8 on their last review.

**PHASE IV:** Honor Phase – the goal of this phase is maturation and refinement of skills in preparation for release. Patients are expected to demonstrate a high level of cooperation, insight, motivation, and application of previously taught principles, should model appropriate behavior for other patients and be able to facilitate as a leader during group discussions. To progress to the next phase, patients must complete a detailed relapse prevention plan, pass a polygraph exam relating to sexual behaviors, demonstrate good behavior for six months, and have no ratings (in each of the ten treatment areas) less than 8 out of a possible 8 on their last review.

**PHASE V:** Transition Phase – the goal of this phase is successful completion of transition from CCUSO to the community; promotion to phase five requires an order of the committing court. The first part of phase five requires the patient to live in the CCUSO secure apartment setting within the facility. Patients will gradually be given increasing opportunities to go on passes and live in progressively less restrictive settings with close monitoring and clinical assessment of progress.

Having met the requirements for successful completion of the first part of phase five, patients must maintain housing in a halfway house or residential facility outside the CCUSO grounds for six months to one year without violating rules or their relapse prevention plan, successfully maintain employment, attend weekly support therapy groups and individual counseling, fulfill all requirements of the release contract for at least two years, and pass random physiological assessments requested by transitional counselors.

Having met the requirements for successful completion of the second part of phase five, CCUSO staff will recommend release to the committing court. Final discharge from the program requires an order of the committing court.

## **How:**

### **Service Delivery**

CCUSO has a total of 90.00 staff (FTEs) in SFY 2010 with salaries of approximately \$6.3 million.

### **Service Support**

Each facility receives the following types of technical assistance and guidance from staff in General Administration regarding:

- Corporate Oversight
  - Approval and oversight of service delivery and other operational goals
- Program Support
  - Operational policy and procedures to assure Code mandates, best practices and client rights are addressed
  - Development, review and interpretation of Iowa Administrative Code rules
- Technical assistance and support
  - Operational and client issues
  - Media and public relations and response to constituent concerns
  - Development and implementation of contracts
- Financial Accountability
  - Development and implementation of annual operating budgets, monthly financial statements and projections, accounting systems and audit coordination
- Infrastructure
  - Approval and oversight of capital, major maintenance, and Parks and Institutional Road projects
  - Approval and processing emergency fund repairs under Iowa Code 29C.20
- Legal Services
  - Interpretation of Court orders, Interstate compact, legal mandates regarding specific situations
  - Legal services and representation
- Information Technology
  - Coordination and oversight of the development of and use of technology to meet campus and client needs
- Communication
  - Monitoring and analysis of impact of proposed legislation
  - Preparation of responses to information requests from Executive Branch, Legislative Branch and other interested parties

### **Human Services Reinvestment Fund**

The Human Services Reinvestment Fund resulted from State savings due to the American Recovery and Reinvestment Act. The fund provided \$503,554, which allowed CCUSO to maintain services and provide support to its clients during SFY 2010. Human Services Reinvestment Funds allowed CCUSO to maintain 8.00 FTEs.

### **Offer Description:**

#### **Today's Activities and Results:**

This offer provides access to highly specialized, extended-term treatment services in a secure residential setting designed to address the specific treatment needs of civilly committed individuals and provide motivation for behavior change. Human Services Reinvestment Fund money sustained services and their delivery during SFY 2010. There are five treatment phases providing cognitive-behavior therapy as well as a five-level system that provides increased privileges and responsibilities to motivate patients to participate in treatment and to remain free of problematic behaviors. Patients are currently in the following treatment phases:

|           |     |
|-----------|-----|
| Phase I   | 11% |
| Phase II  | 64% |
| Phase III | 15% |
| Phase IV  | 5%  |
| Phase V   | 5%  |

### **Offer Justification:**

#### **Legal Requirements:**

##### **Federal:**

None.

##### **State:**

The Department of Human Services is required to operate the CCUSO program in order to provide a secure treatment program for sexually violent predators as mandated by the provisions of Chapter 229A of the Code of Iowa. The statute requires that DHS provide treatment services within a secure setting to all individuals who are civilly committed to the program as violent sexual predators. The Department does not have the authority to deny admissions. The ability to provide adequate treatment services has been a critical factor in both State and Federal Court decisions that upheld the constitutionality of civil commitment programs for violent sexual predators.

#### **Rationale:**

CCUSO continues to provide highly specialized, extended-term services in a secure residential setting designed to address the specific treatment needs of patients and provide motivation for behavior change.

Per Chapter 229A of the Code of Iowa, DHS does not have the authority to deny court-ordered admissions to CCUSO. To support the anticipated population increase of 7 additional court-ordered patients by the end of SFY 2011 and to maintain the safety of those patients currently in the program,

additional resources including 3.00 FTEs are being requested. These 3.00 FTEs are necessary to ensure minimum security staffing levels on all wards, across all shifts, and for safe transport of CCUSO patients to medical treatment at the University of Iowa.

### Results:

| <b>Result:</b>   | <b>SFY 2009<br/>Actual Level</b> | <b>SFY 2010<br/>Projected Level</b> | <b>SFY 2011<br/>Offer Level</b> |
|--|----------------------------------|-------------------------------------|---------------------------------|
| Number served on June 30 <sup>th</sup>                                 | 79                               | 86                                  | 93                              |
| Patients who demonstrate progress in treatment by moving to next phase | 18                               | 19                                  | 20                              |

Sustaining service delivery assumes the level of funding requested in the offer as well as full funding of salary adjustment. If salary adjustment is not received for SFY 2011, this would be the equivalent of the loss of an estimated 3.35 Facility FTEs. If funding is insufficient in either area, results to be achieved will be modified to reflect the impact.